UP Super TET 2026 – Syllabus: Complete Guide

UPESSC Primary Assistant Teacher (Classes 1–5) Selection Exam 2026 · Advt. No. 05/2026 · 12,405 posts · Exam 03–04 Dec 2026

Exam Overview · Dates · Pattern & Marking · Subject-wise Questions · Full Official Syllabus (Hindi + English) · Eligibility · Preparation Tips · Official Links

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1. Exam Overview

Item	Details (from official Advt. 05/2026)
Conducting body	Uttar Pradesh Education Service Selection Commission (UPESSC), 23, Allenganj, Prayagraj – 211002
Official exam name	सहायक अध्यापक प्राथमिक, शहरी (URBAN) – बेसिक शिक्षा विभाग तथा सहायक अध्यापक सम्बद्ध प्राइमरी (अशासकीय सहायता प्राप्त विद्यालय) – माध्यमिक शिक्षा विभाग, चयन परीक्षा 2026
Popular name	"UP Super TET 2026" (this name is **not** used in the official documents)
Level	Primary school Assistant Teacher (Classes 1–5)
Advertisement	No. 05/2026, published 15.09.2026
Total posts	**12,405** = 11,508 Assistant Teacher Primary, Urban (Basic Education) + 897 Assistant Teacher attached Primary (aided schools: Boys 473, Girls 424)
Pay scale	Level-6: ₹35,400 – ₹1,12,400 (both posts)
Age (on 01.07.2026)	Urban post: 21–40 years (relaxation: SC/ST/OBC of U.P. 5 yrs, divyang 15 yrs, ex-servicemen service period + 3 yrs, Shiksha Mitra up to 60). Attached Primary: minimum 21; superannuation 62.
Exam fee	General/OBC/EWS/others ₹1,000 · SC/ST ₹500 · Divyang ₹300
Exam	**03 & 04 December 2026** · offline OMR · centres at district headquarters
Official website	**www.upessc.up.gov.in** · apply portal apply.upessc.org

Important Dates

Event	Date
Advertisement published	15.09.2026
OTR / online application starts	16.09.2026
Last date – application & fee (original)	15.10.2026 → extended to **28.10.2026** (notice 15.10.2026)
Last date – correction (original)	19.10.2026 → extended to **31.10.2026**
Attached Primary post – re-opened (B.El.Ed / special-education diploma added)	Apply till **04.11.2026**, correction till 07.11.2026 (notice 28.10.2026)
In-service teachers with NIOS D.El.Ed-ODL (High Court interim order)	Portal 06.11.2026 → apply till **11.11.2026**, correction till 13.11.2026 (notice 06.11.2026)
WRITTEN EXAM	**03 & 04 December 2026 (unchanged in every notice)**
Exam district intimation	On website 10 days before the exam
Admit card (centre)	Download 3 days before the exam
Shift / timing per day	*Not yet in any official notice – check website*

Must-know alerts

- **Syllabus document:** UPESSC "Syllabus" page → Basic Education → Assistant Teacher Recruitment Examination → **1 to 5** ("effective for examinations from 2026"). Its pattern (120 Q, 3 marks each, −1, 2 hours) matches Advt. 05/2026 §9.
- **Hindi + Sanskrit + English = 30 questions together.** The official syllabus does **not** say how many questions come from each language.
- **Choice of school type is final:** the preference between the two post types must be filled in the form and cannot be changed after the last date.
- Wrong roll number / booklet number bubbling on OMR = OMR not evaluated. Practise with the OMR format on the website.

2. Exam Pattern & Marking

Feature	Official rule
Questions / Marks	**120 objective MCQs · 360 marks**
Duration	**2 hours (120 minutes)**
Question type	4 options, one correct (most appropriate) answer; darken the circle with a black ball-point pen on OMR
Marking	**+3** correct · **−1** wrong or more than one answer · 0 unattempted
Language of paper	Hindi and English (bilingual)
Level of content	Languages (Hindi, Sanskrit, English), Science, Maths, EVS & Social Studies – up to **Class 12** level · Teaching skills, Child Psychology, IT, Life skills – up to **D.El.Ed. syllabus** level
Merit	Written-exam merit list (no interview mentioned in the advertisement)
Tie-break	Higher graduation % → higher training-qualification % → older candidate
More than one shift	If held in more than one shift, scores are **normalised** (GO dated 19.06.2024; Commission procedure dated 26.02.2026)

3. Subject-wise Questions & Marks

Official subjects (10)

Subject (official)	Q	Marks	Share
सामान्य ज्ञान / समसामयिक घटनाएँ General Knowledge / Current Affairs	25	75	20.8%
तार्किक ज्ञान Reasoning (Logical Ability)	5	15	4.2%
हिन्दी, संस्कृत तथा अंग्रेजी Hindi, Sanskrit and English	30	90	25.0%
विज्ञान Science	8	24	6.7%
गणित Mathematics	16	48	13.3%
पर्यावरण एवं सामाजिक अध्ययन Environment (EVS) and Social Studies	8	24	6.7%
शिक्षण कौशल Teaching Skills	8	24	6.7%
बाल मनोविज्ञान Child Psychology	8	24	6.7%
सूचना तकनीकी Information Technology	4	12	3.3%
जीवन कौशल / प्रबन्धन एवं अभिवृत्ति Life Skills / Management and Aptitude	8	24	6.7%
Total	**120**	**360**	**100%**

Question counts: official syllabus PDF. Marks = questions × 3 (each question 3 marks, Advt. 05/2026 §9).

AVS study blocks (website subjects)

AVS study block	Q	Marks	Share
General Studies & Current Affairs General Knowledge / Current Affairs	25	75	20.8%
Reasoning Reasoning (Logical Ability)	5	15	4.2%
Hindi, Sanskrit, English Hindi, Sanskrit and English	30	90	25.0%
Maths & Science Mathematics 16 + Science 8	24	72	20.0%
EVS & Social Studies Environment (EVS) and Social Studies	8	24	6.7%
Child Psychology & Teaching Child Psychology 8 + Teaching Skills 8 + Information Technology 4 + Life Skills / Management and Aptitude 8	28	84	23.3%
Total	**120**	**360**	**100%**

The 6 study blocks only regroup the 10 official subjects; question counts are unchanged.

4. Detailed Official Syllabus

Source: UPESSC, "प्राथमिक विद्यालय सहायक अध्यापक (कक्षा 1–5 तक) की भर्ती परीक्षा 2026 की संरचना व विषय वस्तु". Hindi = official wording; English = AVS translation; Reasoning is in English in the official PDF.

1. General Knowledge / Current Affairs · सामान्य ज्ञान / समसामयिक घटनाएँ [25 Q · 75 marks]

Official (हिन्दी): समसामयिक महत्वपूर्ण घटनाएँ– अंतर्राष्ट्रीय, राष्ट्रीय, प्रदेश से सम्बन्धित महत्वपूर्ण घटनाएँ स्थान, व्यक्तित्व, रचनाएँ, अन्तर्राष्ट्रीय तथा राष्ट्रीय पुरस्कार / खेल–कूद, भारतीय संस्कृति एवं कला आदि।

- Important current events – international, national and State (U.P.) related
- Places, personalities, works (books / creations)
- International and national awards / sports
- Indian culture and art, etc.

2. Reasoning (Logical Ability) · तार्किक ज्ञान [5 Q · 15 marks]

Official syllabus lists these topics in English (wording kept as in the PDF).

- Analogies
- Assertion and reason
- Binary logic
- Classification
- Clocks and Calendars
- Coded inequalities, coding & decoding
- Critical reasoning
- Cubes, number series
- Puzzles
- Symbols and notations
- Venn diagrams and dice
- Data interpretation
- Direction sense test
- Grouping and selections
- Inferences
- Letter series

3. Hindi, Sanskrit and English · हिन्दी, संस्कृत तथा अंग्रेजी [30 Q · 90 marks]

Official (हिन्दी): व्याकरण एवं अपठित गद्यांश, पद्यांश, Grammar, Comprehension

- Grammar (Hindi, Sanskrit)
- Unseen prose passage (अपठित गद्यांश) and unseen poem (पद्यांश)
- English Grammar
- English Comprehension

4. Science · विज्ञान [8 Q · 24 marks]

Official (हिन्दी): दैनिक जीवन में विज्ञान, गति, बल, ऊर्जा, दूरी, प्रकाश, ध्वनि, जीवों की दुनिया, मानव शरीर स्वास्थ्य, स्वच्छता एवं पोषण, पर्यावरण एवं प्राकृतिक संसाधन, पदार्थ एवं पदार्थ की अवस्थाएँ।

- Science in daily life
- Motion, force, energy, distance
- Light, sound
- World of living organisms
- Human body, health, hygiene and nutrition
- Environment and natural resources
- Matter and states of matter

5. Mathematics · गणित [16 Q · 48 marks]

Official (हिन्दी): अंकीय क्षमता, गणितीय संक्रियाएँ, दशमलव, स्थानीयमान, भिन्न, ब्याज, लाभ–हानि, प्रतिशत विभाज्य, गुणनखण्ड, ऐकिक नियम, सामान्य बीजगणित, क्षेत्रफल, औसत, आयतन, अनुपात, सर्वसमिकायें, सामान्य ज्यामिति, सामान्य सांख्यिकी।

- Numerical ability, mathematical operations
- Decimals, place value, fractions
- Interest, profit–loss, percentage
- Divisibility, factors, unitary method
- Elementary algebra, identities
- Area, volume, average, ratio
- Elementary geometry, elementary statistics

6. Environment (EVS) and Social Studies · पर्यावरण एवं सामाजिक अध्ययन [8 Q · 24 marks]

Official (हिन्दी): पृथ्वी की संरचना, नदियाँ, पर्वत, महाद्वीप, महासागर व जीव, प्राकृतिक सम्पदा, अक्षांश और देशान्तर, सौरमण्डल, भारतीय भूगोल, भारतीय स्वतंत्रता संग्राम, भारतीय समाज सुधारक, भारतीय संविधान, हमारी शासन व्यवस्था, यातायात एवं सड़क सुरक्षा, भारतीय अर्थव्यवस्था एवं चुनौतियाँ, हमारी सांस्कृतिक विरासत, पर्यावरण संरक्षण, प्राकृतिक आपदा प्रबन्धन।

- Structure of the Earth; rivers, mountains, continents, oceans and living beings
- Natural resources; latitude and longitude; solar system
- Indian geography
- Indian freedom struggle; Indian social reformers
- Indian Constitution; our system of governance
- Transport and road safety
- Indian economy and its challenges
- Our cultural heritage; environment protection; natural disaster management

7. Teaching Skills · शिक्षण कौशल [8 Q · 24 marks]

Official (हिन्दी): शिक्षण की विधियाँ एवं कौशल, शिक्षण अधिगम के सिद्धान्त, वर्तमान भारतीय समाज एवं प्रारम्भिक शिक्षा, समावेशी शिक्षा, प्रारम्भिक शिक्षा के नवीन प्रयास, शैक्षिक मूल्यांकन एवं मापन, आरम्भिक पठन कौशल, शैक्षिक प्रबन्धन एवं प्रशासन।

- Teaching methods and skills
- Principles of teaching–learning
- Present Indian society and elementary education
- Inclusive education
- New initiatives in elementary education
- Educational evaluation and measurement
- Early reading skills
- Educational management and administration

8. Child Psychology · बाल मनोविज्ञान [8 Q · 24 marks]

Official (हिन्दी): वैयक्तिक भिन्नता, बाल विकास को प्रभावित करने वाले कारक, सीखने की आवश्यकता की पहचान, पढ़ने के लिए वातावरण का सृजन करना, सीखने के सिद्धान्त तथा कक्षा–शिक्षण में इनकी व्यवहारिक उपयोगिता एवं प्रयोग, दिव्यांग छात्रों हेतु विशेष व्यवस्था।

- Individual differences
- Factors affecting child development
- Identifying the need for learning
- Creating an environment for reading
- Theories of learning and their practical use in classroom teaching
- Special provisions for divyang (differently-abled) students

9. Information Technology · सूचना तकनीकी [4 Q · 12 marks]

Official (हिन्दी): शिक्षण कौशल विकास, कक्षा–शिक्षण तथा विद्यालय प्रबन्धन के क्षेत्र में सूचना तकनीकी कम्प्यूटर, इन्टरनेट, स्मार्टफोन, ओ०ई०आर० (ओपन एजुकेशनल रिसोर्स), शिक्षण में उपयोगी ऐप्स, डिजिटल शिक्षण सामग्री के उपयोग की जानकारी।

- IT (computer, internet, smartphone) for teaching-skill development, classroom teaching and school management
- OER (Open Educational Resources)
- Apps useful in teaching
- Use of digital teaching material

10. Life Skills / Management and Aptitude · जीवन कौशल / प्रबन्धन एवं अभिवृत्ति [8 Q · 24 marks]

Official (हिन्दी): व्यावसायिक आचरण एवं नीति, प्रेरणा, शिक्षण की भूमिका (सुविधा प्रदाता, अनुश्रवणकर्ता, नेतृत्वकर्ता, मार्गदर्शक, परामर्शदाता), संवैधानिक और मानवीय मूल्य, दण्ड एवं पुरस्कार व्यवस्था का प्रभावी प्रयोग।

- Professional conduct and ethics
- Motivation
- Role of the teacher – facilitator, monitor, leader, guide, counsellor
- Constitutional and human values
- Effective use of punishment and reward system

5. Vacancy Details

Post	UR	OBC	SC	ST	EWS	Total
Primary, Urban (Table-01)	4,746	3,069	2,379	198	1,116	11,508
Attached Primary – Boys	196	84	189	0	4	473
Attached Primary – Girls	182	80	159	0	3	424
Grand total	**5,124**	**3,233**	**2,727**	**198**	**1,123**	**12,405**

Urban post horizontal (Table-01 totals): Divyang 429 (VI 83, LI 83, HI 83, Thalassemia 83, VI/LI/HI/Thal. by merit 97) · Dependants of freedom fighters 198 · Ex-servicemen 540. Vacancies are district-wise (75 districts) and may increase or decrease.

6. Eligibility (summary)

Post	Essential qualification (summary of Advt. §7 + later notices)
Asst. Teacher Primary, **Urban** (11,508)	Graduation from a recognised university **and** a teacher training qualification: BTC / D.El.Ed. (2-yr), BTC (Urdu), Special BTC, RCI-approved 2-yr Diploma in Special Education, 4-yr B.El.Ed., or 2-yr Diploma in Elementary Education (by whatever name) as per NCTE Regulations 2002 – **and** pass in a State or Central Teacher Eligibility Test (TET).
Asst. Teacher **attached Primary** (897)	Graduation **and** BTC / D.El.Ed. (NCTE-recognised) **and** UPTET (Classes 1–5) passed. Notice 28.10.2026 added: RCI-approved 2-yr Diploma (Special Education) and 4-yr B.El.Ed. (after Allahabad High Court order of 24.10.2026).
NIOS D.El.Ed-ODL	Teachers in service on 10.08.2017 holding the 18-month NIOS D.El.Ed-ODL obtained before 01.04.2019 were allowed to apply **provisionally**; their candidature depends on the final High Court order (notice 06.11.2026).

Read the full eligibility rules in the advertisement before relying on this summary.

7. Weightage-based Preparation Tips

1. **Languages first – 30 Q = 90 marks (25%).** Hindi grammar (संधि, समास, कारक, पर्यायवाची/विलोम, मुहावरे-लोकोक्तियाँ), Sanskrit grammar (संधि, शब्द-रूप, धातु-रूप, प्रत्यय), English grammar (tense, voice, narration, articles, prepositions, synonyms/antonyms) + daily one unseen passage and one poem. Prepare all three languages – the split is not fixed.
2. **GK & Current Affairs – 25 Q = 75 marks (20.8%).** The official list is only current affairs: international / national / U.P. events, places, personalities, books, awards, sports, Indian culture & art. Revise the last 12 months of current affairs with a U.P. focus (schemes, appointments, events, awards).
3. **Pedagogy block – 28 Q = 84 marks (23.3%).** Teaching Skills 8 + Child Psychology 8 + Life Skills 8 + IT 4, all at **D.El.Ed.** level: learning theories (Piaget, Vygotsky, Skinner, Pavlov, Thorndike), individual differences, inclusive education & divyang provisions, NEP 2020 / NIPUN Bharat type initiatives, evaluation (CCE, formative/summative), OER & DIKSHA-type apps, teacher's roles.
4. **Maths – 16 Q = 48 marks (13.3%).** Mostly arithmetic: percentage, profit–loss, interest, ratio, average, unitary method, fractions/decimals, factors, area/volume, identities, basic geometry and statistics. Target 1 minute or less per question.
5. **Science 8 + EVS/Social Studies 8 = 16 Q = 48 marks.** NCERT Classes 6–10 Science and Social Science; Constitution basics, freedom struggle, Indian geography, solar system, disaster management, road safety.
6. **Reasoning – 5 Q = 15 marks.** Small but quick: coding-decoding, series, direction, clock/calendar, Venn diagram, analogy.
7. **Negative marking (+3/−1):** a blind guess among 4 options has expected score 0; if you can cut even one option, a guess gains on average (+1/3 mark). Do not leave easy questions; do not guess blindly.
8. **Time plan (120 min):** Pedagogy + Languages first (~45 min) → GK (~20 min) → Maths/Science/EVS/Reasoning (~45 min) → 10 min OMR check.
9. **Last 15 days:** 1 full 120-question mock every alternate day on an OMR sheet, error notebook, daily current affairs 30 min, one-page notes for pedagogy theories and maths formulas.

Weightage figures come from the official question counts. Book names and theory names above are AVS suggestions, not part of the official syllabus.

8. 16-day Study Plan (till exam)

Days	Focus (AVS suggested plan, 17 Nov – 2 Dec)
1–3	Hindi + Sanskrit grammar, English grammar; 1 unseen passage daily · Child Psychology: development, individual differences, learning theories
4–6	Maths: number system, fractions/decimals, percentage, profit–loss, interest, ratio, average, unitary method · Teaching Skills: methods, principles, evaluation & measurement
7–8	Maths: algebra & identities, area/volume, geometry, statistics · Science (daily-life science, motion–force–energy, light, sound, human body, nutrition, matter)
9–10	EVS & Social Studies (Earth, solar system, Indian geography, freedom struggle, social reformers, Constitution, governance, economy, heritage, disasters, road safety) · IT & OER
11–12	Life Skills (ethics, motivation, teacher's roles, values, reward–punishment) · Inclusive education, divyang provisions · Reasoning (all 16 types)
13–14	Current affairs revision (international, national, U.P., awards, sports, books, culture) · 2 full mocks on OMR
15–16	Error-notebook revision, formula and theory one-pagers, light current-affairs revision · admit card, ID proof, black ball-point pens ready

Exam-day checklist (from Advt. 05/2026 §10)

- Admit card from the website; appear only at the allotted centre (answer sheet of any other centre will not be evaluated).
- Black ball-point pen only. No pencil, gel/ink pen, whitener, eraser or blade on the OMR sheet.
- Fill roll number and question-booklet number circles correctly – wrong or blank entries mean the OMR is not evaluated.
- Once a circle is darkened it cannot be changed; darkening more than one circle gives no marks (and −1).
- Copying, misconduct or impersonation leads to cancellation and debarment.

9. Official Links

- **Official Syllabus – Primary Asst. Teacher (Class 1–5), 2026:** https://www.upessc.up.gov.in/syllabus/837218cf-1d9a-4252-a08c-404719d1b9d9.pdf
- **Official Advertisement No. 05/2026 (detailed, 23 pages):** https://www.upessc.up.gov.in/Advertisment/2dbb4466-2723-4cc4-ab1f-8271a6e61190.pdf
- **Notice 15.09.2026 – posts & important dates:** https://www.upessc.up.gov.in/Notice/9341-756a-4cb0-4180-17e7.pdf
- **Notice 15.10.2026 – date extension:** https://www.upessc.up.gov.in/Notice/40d4-f371-4c8d-139c-599c.pdf
- **Notice 28.10.2026 – B.El.Ed / special-education diploma added:** https://www.upessc.up.gov.in/Notice/4b1f-907a-4508-5c3a-0c65.pdf
- **Notice 06.11.2026 – NIOS D.El.Ed-ODL (High Court order):** https://www.upessc.up.gov.in/Notice/2f5b-2b53-4364-eeff-c38d.pdf
- **UPESSC Syllabus page:** https://www.upessc.up.gov.in/Home/Syllabus_all
- **Apply / admit-card portal:** https://apply.upessc.org/

Accuracy note: Every number, date and syllabus topic in this guide is taken from UPESSC documents on upessc.up.gov.in (downloaded 17.11.2026). Hindi syllabus text is reproduced from the official PDF; the English lines are an AVS Ki Pathshala translation for easy reading. If UPESSC issues a new notice, the official notice prevails.